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From the White House to NSAB: This Pastry Chef Excels

By Mass Communication Specialist 3rd Class Brandon Williams-Church
NSAB Public Affairs staff writer

He starts his work day at 5:30 a.m. He sets up his product, plates it and has it ready for display in the Daily Grind coffee shop by 7:00 a.m. After that, he works on the daily desserts for the Warrior Café before tackling his “hit list” on whatever sugary creation he can come up with next.

For Executive Pastry Chef of the Warrior Café Chris Phillips, this is a typical day.

The North Side Chicago native and Chicago Cubs fan has been in the kitchen at the Warrior Café for more than two years and loves working here just as much as he did his first day.

“I enjoy working at NSAB (Naval Support Activity Bethesda) and I have been impressed with what I’ve seen from the wounded warriors and how they drive on,”



Photo by Mass Communication Specialist 3rd Class Brandon Williams-Church

Executive Pastry Chef Chris Phillips spreads the filling for a cheesecake in the kitchen of the Warrior Café.

said Phillips. “I’ve always wanted to give something back to the wounded warriors besides donating to the Wounded Warrior Foundation. I saw this as an opportunity, at least through my

work, to give something back to these guys. If I can make somebody’s day through a piece of cake or remind them of home, it’s probably the most rewarding part of the job. For me, this is what I

can give and I like that. That gratification is what gets me up in the morning and drives me to get this done.”

While producing every single dessert product from scratch, Phillips has his

work cut out for him. But, it’s the love of his job and his enthusiasm for giving back that keeps him going every day.

“He’s a good guy,” said NSAB Morale, Welfare and Recreation Food and Beverage Manager Jack Slattery. “He’s got a pretty good sense of humor and he’s a hard worker. When he started working here, the big allure for him was coming in here and taking care of the warriors and doing good things. Even now, two years later, nothing has changed. A lot of times in kitchens, whenever its last minute, people might hesitate or pause. But, if anything ever comes up or it’s for a warrior, he’s all over it. I think he gets a lot of personal satisfaction being able to do this for these folks.”

Phillips, the down-to-earth chef, went to culinary school at Baltimore International for pastry and cooking. After starting his career as a line

See **PASTRY** page 7

Bicycling Workshop Rolls out a New Way to Commute

By Ryan Hunter
NSAB Public Affairs staff writer

Monday in the Clark Auditorium of Building 10 from 11a.m. to 1p.m., Ryan Emery, the Naval Support Activity Bethesda Transportation program manager will host the Bike Commuting Workshop.

“The biggest thing folks often come to me about is how do I commute from my home to the installation and do it safely?” said Emery, who notes biking is rarely considered, although Walter Reed

National Military Medical Center (WRNMMC) has the facilities to support it.

“We participate in the bike to work day every year and we have a couple hundred bicycle slots on the installation. [For] people who really like bicycling or live close enough it’s a great way to commute, especially as we get closer to fall and folks are still enjoying the outside weather,” explained Emery.

The main goal of the workshop is to encourage people of all skill levels to bike to work and to show that bicycling is a great recreational

way to save money, get fit and have fun.

If you’re interested in cycling to work but don’t own a bike Sandra Brecher, chief of Commuter Services at the Department of Transportation will explain details about the upcoming Wisconsin and South bike share station at the Medical Center Metro Station.

The planned bike share, which has already been successfully implemented in downtown Washington D.C., “will be seamlessly integrated with all the other bike share stations in the area,” said Brecher. This new sta-



Photo by Ryan Hunter

tion will be part of an expansion that will cover Laurel,

See **BICYCLE** page 8

Ordering Monkey Food

Several years ago, I had the opportunity to attend an Office Personnel Management leadership academy. During three weeks of intense and quality training, there was one story in particular from our instructor that made a deep impression and has stuck with me after all of these years.

My instructor worked as a consultant in the business world. One time he was asked to consult for a company that had one section with very low morale. As soon as he walked into their office it was profoundly obvious. Everything about the work environment made it clear this group did not like their job, or each other. One of his first questions to the group was, "What do you do here?"

"We order monkey food," was their reply. Thinking perhaps this was industry jargon, he asked, "What do you mean, 'you order monkey food'? What does that mean?"

After longer conversations he learned that this group's entire purpose was to order several different kinds of monkey food and coordinate its delivery to a warehouse. They didn't know for whom they ordered it, and they didn't know where it ended up.

To learn more, a field trip to the warehouse where the food was delivered was organized. When the group arrived, they asked to speak with the manager. When the consultant explained that the individuals with him ordered all the monkey food in the warehouse, the manager became interested and excited asking all kinds of questions, "Why do you order so much monkey food? What is it for?"

And so, the consultant asked where the warehouse delivered the food. He set up a second field trip for the office and the warehouse personnel. They arrived at a large research laboratory and asked to speak to the person in charge. When they were finally able to meet with the head of research, the consultant explained he had with him the office responsible for ordering the food and the personnel responsible for storing and shipping it. The head of research became overcome with emotion and insisted on shaking everybody's hand. After he had said thank you a dozen times,

the consultant asked him what they did at the lab.

"We do AIDS research here," he answered, and went on to explain why they needed so many different kinds of food and how vitally important the food was to the overall research project.

The consultant reported that a few months later when he returned to the office that ordered the monkey food, the changes were remarkable. The office was cheerful and the staff was engaged with each other and their work. There was a huge banner on the wall that said, "We help people cure AIDS."

The moral of this story, which has stuck with me for over eight years, is that people need to understand what they do and why they do it. Not just the nuts and bolts, and the forms and software. Not just technical data and schedules. Individuals need to understand the bigger mission and how they fit into it.

Every machine, organism and organization is complex. Some parts you can see plainly, and it is obvious what they do and why their contributions are important. However, it is the obscure parts, the not readily identifiable capacities, that you eventually recognize as crucially important elements in making something work — in creating success. What at first glance may seem mundane and inconsequential you find just as essential as the higher visibility roles.

There is no job within that is more important than any other. There are no unnecessary specialties. Every unit, individual — whether officer, enlisted or civilian — in every organization has a critical role to play.

Good leaders help their team understand their mission and their contribution. Good leaders make why just as important as what and how. Good leaders don't just lead by example, they lead by perspective.

How does your job ensure mission success?

By Jenna Fletcher
39th Air Base Wing

Bethesda Notebook

Women's Equality Day

Walter Reed Bethesda staff members and the Army Band "Downrange" will perform Aug. 29 from 11:30 a.m. to 12:30 p.m. in the America Building Atrium (piano area) in celebration of Women's Equality Day. There will also be free food available for sampling and everyone is invited to attend. For more information, call Sgt. 1st Class Jason Zielske at 301-400-3542 or Chief Hospital Corpsman Oluyinka Adefisan at 301-295-6482.

Sept. 11 Observance

A Sept. 11 observance, "9/11 Remembrance: Bringing Healing to Our Families and Nation," will be held Sept. 11 at 7 a.m. in Building 17's gymnasium. The guest speaker will be Chaplain Bob Wyatt and the New Life Youth Choir of Wyomissing, Penn., will perform. A complimentary breakfast is scheduled to be served and everyone is invited to attend. For more information, call Walter Reed Bethesda's Department of Pastoral Care at 301-295-1510.

Freedom 5K

The Naval Support Activity Bethesda Freedom 5K will be on Sept. 11 beginning at 11 a.m. at the Navy Exchange (NEX) Bethesda. Registration for the event is scheduled for Sept. 4 from 4 to 6 p.m. at the MWR Fitness Center and Sept. 7 from 11 a.m. to 3 p.m. at the Navy Exchange Bethesda. Registration can also be accomplished at <https://nsabfreedom5k.eventbrite.com/>.

Warrior Café

The Warrior Café is open from 6 a.m. to 7 p.m. Monday through Friday and from 9 a.m. to 6 p.m. Saturdays, Sundays and holidays. The Warrior Café will continue to accept meal cards.

Alcoholics Anonymous Meeting

Alcoholics Anonymous (AA) meets Mondays (except for the first Monday of the month), Wednesdays and Fridays from noon to 12:50 p.m., and Tuesdays and Thursdays from 7:30 to 8:30 p.m., in Building 8, Rm. 2230 (Chaplain's Conference Room). For more information, call 301-503-1210.

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Observances Focus on the Importance of Eye Care

By Cat DeBinder
WRNMMC Journal staff writer

Protecting the eyes is important, and the Departments of Defense and Veterans Affairs are playing a leading role in promoting research and efforts to prevent, diagnose and treat eye injuries and diseases.

The Department of Defense (DOD)/Department of Veterans Affairs (VA) Vision Center of Excellence (VCE) opened at Walter Reed National Military Medical Center (WRNMMC) last year with a mission of leading and advocating programs and initiatives to improve vision health, optimize readiness and enhance quality of life for service members and veterans, according to VCE officials.

In 2012, improvised explosive device (IED) blasts in Afghanistan caused 78 percent of all battlefield injuries. In Iraq, the same blasts caused 84 percent of all eye injuries, the VCE reports. They add, "Serious eye trauma from Operation Iraqi Freedom and Operation Enduring Freedom is the second most common combat injury and follows only hearing loss, with 16 percent of all casualties suffering eye damage ranging



U.S. Army photo by Sgt. Natalie Loucks

Army Pfc. Douglas K. Phillips a member of the 3rd Infantry Division's Company A, 1st Battalion, 15th Infantry Regiment, deployed to Durai-ya, Iraq, in May 2007, shows the damage to his face and his eye protection from a small-arms attack. Phillips credits eye protection with saving his eye.

from distorted vision to blindness," according to the DOD's Armed Forces Health Surveillance Center.

July was Eye Injury Prevention Month, and service members aren't the only individuals who need to pro-

tect their eyes, which is why August is observed as Children's Eye Health and Safety Month and Cataract Awareness Month and September is Sports and Home Eye Safety Month.

The U.S. Department of Health and Human Services reports that in the United States, more than 2,000 eye injuries occur every day. One hundred of these result in one or more days of lost work, according to the Centers for Disease Control and Prevention (CDC). The U.S. Department of Labor, Bureau of Labor Statistics, adds that more than 90 percent of eye injuries are preventable with proper precautions and effective eye protection.

Army Maj. (Dr.) Marcus Colyer, a staff ophthalmologist at WRNMMC, said protection is the best way to prevent eye injuries, in addition to avoiding risky activities. "Wear eye protection and avoid high risk activities that predispose you to eye injury, [such as] playing with fireworks, hammering metal on metal, etc.," he said.

He also said exposure to the sun's UV (ultraviolet) rays can cause damage to the eyes.

"The cornea and lens of the eye have natural UV protection, but

See EYE page 6

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Nurses Honored for ‘Extraordinary’ Care at Nation’s Medical Center

By Bernard S. Little
WRNMMC Journal staff writer

Saluting the “extraordinary and compassionate” care nurses provide the nation’s heroes and their families at the largest military medical center in the U.S., Walter Reed Bethesda honored its nursing team during the quarterly DAISY Award Ceremony on Aug. 15 in the Memorial Auditorium.

More than 90 nursing team members were nominated for the May, June and July DAISY awards. “These individuals were nominated by patients, family members and colleagues for their extraordinary compassion and care, advocacy, mentorship and professionalism,” said Army Col. Joy W. Napper, department chief of hospital education and training and a nurse.

One nursing team member for each month is selected to receive the DAISY Award, Napper explained. “The individual selected has gone above and beyond in providing compassionate and skilled care to patients and their families during difficult times.”

Hospital Corpsman Jerome Whiteman, Ensign Kristi Hayden-Leitner, and Ensign Sabina Do received the award for May, June and July respectively.

Nominated for the DAISY award

by a patient’s spouse, Whiteman works on 5 Center. He was described in the nomination as “attentive to details, outstanding, hands-on, encouraging, engaged, very professional and personable.

“We felt like we mattered,” said the family member in regards to the care she and her husband received from the hospital corpsman. “My husband wasn’t just another medical case to be watched. Our care was exceptional. [Whiteman] provided care encompassing the whole patient, not just the physical. Our care during this hospital stay was outstanding, and [Whiteman] played a large part in that ... with his positive attitude. His care and compassion set him apart from all others.”

Hayden-Leitner of 3 West was nominated for the DAISY award by the Penrod family. The parents said their young son Zachary developed “quite an attachment” to the nurse during his nearly month-long hospital stay. “As a parent, knowing your child is excited to see a caregiver means a lot [and] is incredibly encouraging. In addition to the fact that Zachary loved this nurse, [she] demonstrated exceptional nursing skills with our son. We felt confident Zachary was getting great care. Having a child in the hospital is scary for any parent. Having a child in the hospital for four weeks

is extra challenging. We appreciate all the wonderful care Zachary received on 3 West.”

Do was also nominated for the DAISY award by a patient’s wife. “This nurse spent so much extra time getting to know my husband and family, she made us feel as though we are all family and not just people she supports here,” stated a patient’s wife in the nomination. “This nurse is intelligent, confident and has the perfect bedside manner.” The nomination continued on to describe Do as “compassionate, committed, positive, professional, enthusiastic, and a morale cheerleader.”

Nominees for the DAISY award receive a pin, and each winner receives the “Healer’s Touch,” a serpentine stone sculpture hand-carved by artists from the Shona people in Zimbabwe. “Healers are greatly respected in the eyes of the Shona people and are considered treasures,” Napper explained. “The statue represents the relationship nurses have with their patients.”

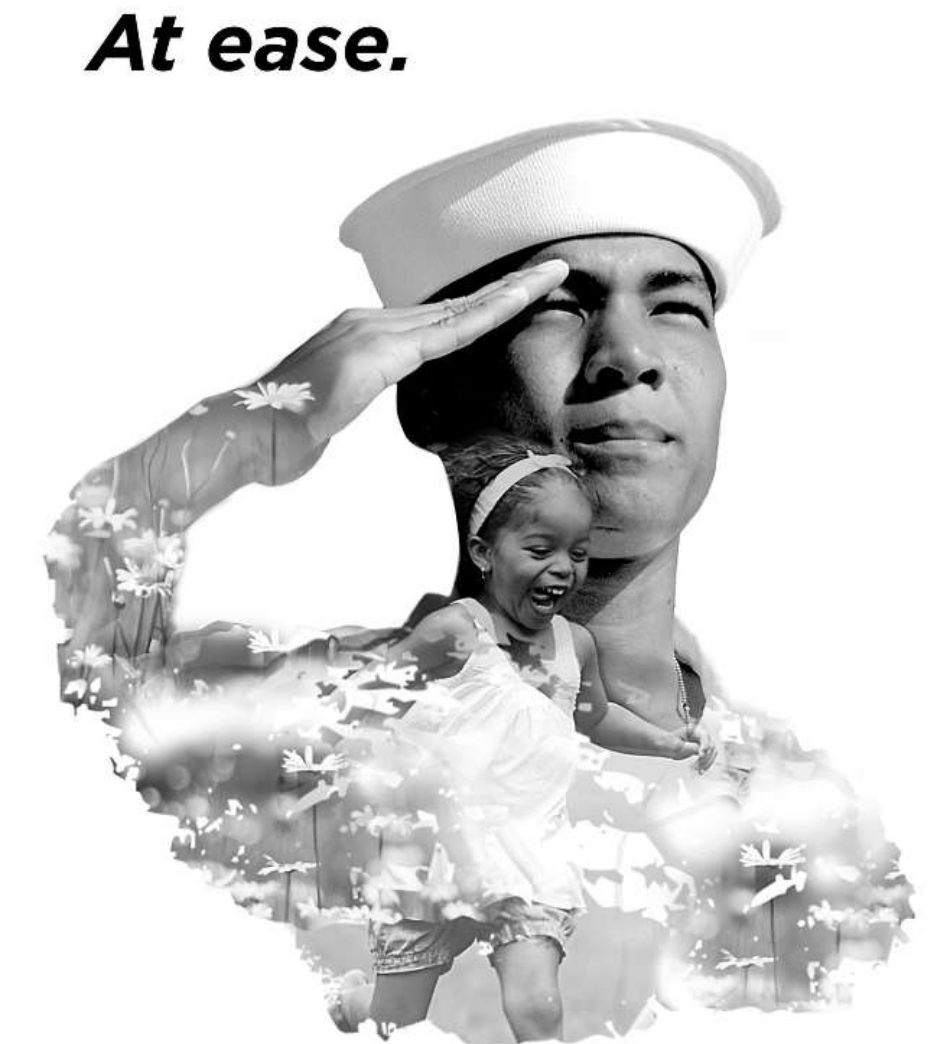
Napper added the DAISY Foundation was established in 2000 by the family of J. Patrick Barnes. “Pat died at the age of 33 from complications of Idiopathic Thrombocytopenia Purpura (ITP) [an auto-immune disease]. In their grief, the Barnes family searched for a way to commemorate Pat and turn their loss

into something positive. The Barnes family came up with DAISY, an acronym for Diseases Attacking the Immune System.

“Throughout Pat’s hospitalization, the family was repeatedly impressed by the clinical care Pat received, and overwhelmed by the compassion and kindness that his nurses brought to his bedside,” Napper continued. “They came to understand that the communication and attention given to Pat were a very important part of the care nurses provide. As a result of their experience, the Barnes family believes nurses are unsung heroes of our society, and dedicated their foundation to recognizing that.

“There are now over 1,500 hospitals internationally committed to honoring their nurses with the DAISY award,” Napper said. “To date, the foundation has paid tribute to over 30,000 nurses for their extraordinary care.”

Army Chaplain (Capt.) Sergio Daza, who provided prayers at the ceremony, said the nursing staff at the Nation’s Medical Center provides “wonderful acts of kindness, compassion and care each and every day.” He added everyone should be encouraged and inspired by patient and staff testimonies “of the great things our nurses are doing every day, and for this, we rejoice.”



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The United Through Reading Program:

"A Way for Service Members to Stay Connected to their Families"

By Mass Communication
Specialist 2nd Class
John K. Hamilton
NSAB Public Affairs
staff writer

The Walter Reed National Military Medical Center's (WRNMMC) Pastoral Care Department has recently launched the United Through Reading Program (UTRP) for service members on board the installation.

In the program, service members are videotaped reading a book or books of their selection to their children at home. The recording is placed on a DVD and then sent home so their family can watch it whenever they want. The UTRP is a tool that service members away from home and their families due to deployments or duty station assignments can use to stay connected to their loved ones.

"The benefits of this program are that it keeps families together and connected," said Religious Program Specialist 1st Class Jarzalne Dubose. "It is important because it lets children that grow up in military families, when one or both parents are deployed or gone for any extended period of time, know that their parents did not

abandon them.

"It's a great thing because they can just pop it in the DVD and watch it as many times as they would like," Dubose added. "Kids love seeing their parent's face on TV."

The program can offer deployed service members a chance to create bonds with their younger children even though they are away from home.

"I think this program will help unite families by being able to actually see and hear their parents," said Dubose. "If a parent is deployed and left behind a two month old baby with their spouse, this program will give the deployed member the ability to record his own voice and read and talk to their loved ones. With that being said, the baby as he or she gets older, can continuously hear and see their parent's faces, so when it comes time to reunite, the bond will be there."

Even though the UTRP is in its early phases at WRNMMC, Dubose sees a bright future for the program and could see it being expanded into Tranquility Hall, the wounded warrior barracks.

"The command master chief (Master Chief Prince)



United Through Reading File Photo

met with my chief (Chief Religious Program Specialist Mullins) earlier this year when we were going to have Sailors deploy on the USNS Comfort, and thought it would be a good idea to [implement] the program here," said Dubose. "We also had the wounded warriors in mind, because most of them are away from their loved ones. Once this program gets up and running, we will establish another United Through Reading in Building 62, but it will be mobile. We will actually go around to their rooms so they can record."

Religious Program Specialist 1st Class Ashley Hud-

son, a geo bachelor onboard the installation, who has been away from his family for the past five years, describes his participation in the UTRP as a great experience.

"It made me feel good to be able to read a book to my son even though I was far away from home," said Hudson. "I knew he'd be excited about it – seeing my face as I read him a book. I didn't call him and let him know I was going to surprise him with a video tape. So, when he got the tape in the mail, his mom called me and said he was so excited and had the biggest smile on his face. He went to school the next day and told

all his friends that his dad read a book to him on video and he showed everybody in his classroom."

Hudson said it's real important to keep in contact with your family and even though you can do that through phone conversations, actually seeing a person's face as they read a book to you builds lifetime memories.

"I think the United Through Reading Program is a great thing to do, whether you see your family every day, once a week or once a year," said Hudson. "It's something tangible that you can put away in storage for later use and go back and reflect on those moments when you read a story to your child. I think everybody should do it."

Any military member who is going on a deployment or any geo-bachelor who is away from their kids may sign up by contacting Dubose at jarzalne.l.dubose.mil@health.mil or by phone at 301-295-1510. They can also stop by the office (Building 8, Room 2233) and sign up there. There is usually a signup sheet left outside the door.

EYE

Continued from 3

chronic UV exposure can increase the risk of cancers of the ocular surface, such as squamous cell carcinoma, as well as skin growths, called pterygium," Colyer explained.

"Macular degeneration, the most common cause of blindness in Americans over the age of 65, is probably due in part to UV higher wavelength as well as genetics," he added.

For the outdoors, doctors recommend using eyewear that provides as close to 100 percent eye protection from UV exposure as possible. The tint of the lens has nothing to do with the UV protection of the lenses, they add. A

clear lens with 100 percent protection is better for your eyes than a dark, tinted pair without UV protection. In fact, dark lenses without UV protection can be even worse for your eyes because they allow more UV light to get into your eyes due to your pupils being larger. There are many safety glasses on the market that protect eyes from UV exposure, and all Military Combat Eye Protection, even with the clear lenses in place, block 99.9 percent of all UVA and UVB light, according to Michael D. Pattison, Occupational Vision Optometrist at the U.S. Army Public Health Command.

Cataract formation is another condition due in part to UV exposure.

According to Colyer, cataracts are a normal aging process in the eye. The average

age a patient might require cataract surgery, the most commonly performed surgery in the United States, is 75. There are approximately 50 cases performed at WRNMMC each month, added Colyer.

"Factors that increase the rate of cataract formation include genetics, environmental conditions and trauma," he said.

In addition to proper safety eyewear, early detection and treatment of eye disease and other eye conditions is essential to maintaining good vision throughout life, Colyer explained.

He said some of the signs and symptoms of eye damage and disease include diminished vision, blurriness or distorted vision.

"Blurriness of vision is usually a sign of changing eyeglasses prescription, but

lost vision (areas of splotchy or missing vision), distorted vision (a doorway looks crooked in a spot), or darkened vision are all signs of potentially serious eye disease and require evaluation," the doctor explained.

According to the American Academy of Ophthalmology's website, staring at your computer screen, smart phone, video game or other digital devices for long periods won't cause permanent eye damage, but can cause eyestrain.

"Normally, humans blink about 18 times a minute, but studies show we blink half that often while using computers and other digital screen devices, whether for work or play," according to American Academy of Ophthalmology officials.

They recommend sitting about 25 inches from the

screen, reducing the monitor's glare, and periodically shifting your eyes to look at an object 20 feet away, for 20 seconds every 20 minutes. They call it the "20-20-20 Rule."

In regards to children's eye health, the American Optometric Association recommends eye examinations for infants and children at six months and 3 years of age. For school age children, eye examination is recommended before first grade and every two years thereafter. Infants at higher risks, for example from family history, should have an examination as soon as medically practicable. Similarly, children with symptoms or higher risks should also be examined more frequently.

For more information about the DOD/VA Vision Center of Excellence, visit <http://vce.health.mil/>.

Lending Closet Provides for Wounded Warrior Families

By Ryan Hunter
NSAB Public Affairs
staff writer

On the third basement floor of Building 62 is a storage room filled with electronics, diapers and other basic living amenities available for wounded warriors at Naval Support Activity Bethesda (NSAB) free of charge.

The room, called the Lending Closet, is a project run by Linda Rasnake, a member of the Warrior Transition Brigade (WTB). Her library of appliances was designed to help wounded warriors as they transition from in-patient residence at the hospital to the barracks with their families.

"The apartments [on base] are beautiful. They have pots and pans, but they've been used [by previous residents]," explained Rasnake. "So some of them are in rough shape and have to be thrown out."

The special needs of the warriors also occasionally necessitate specific appliances and living amenities that aren't typically provided. "Say a wounded, ill or injured Soldier has a condition where their jaws are wired shut," said Rasnake. "They have to drink everything, which means they need a blender."

According to Rasnake, health codes require living facilities, like those found in Buildings 50, 60 and 61, to dispose of small extraneous amenities that previous residents have left. This can put a strain on non-medical attendants (NMAs), who are responsible for providing these necessities for the wounded warriors.



Photo by Ryan Hunter

Non-medical assistant volunteer Nicole Jankowski checks inventory in the Lending Closet August 20.

"When I packed to be here, I did not expect to be here this long. I've been here since May," said NMA Nancy Stanton. "I feel like I'm supplying two households, one back at home and one here."

To ease the burden on wounded warriors and their families a collection of non-profit organizations, Yellow Ribbon Fund, Operation Homefront, USO, and Red Cross, known collectively as the YOUR group, donates additional living amenities.

"[In the past] the YOUR group provided welcome baskets, but they were so extravagant that most of the stuff wasn't getting used, so it had to be thrown out," explained Rasnake.

When one of the NMA's suggested creating a space to store donated appliances for later re-use, WTB created the Lending Closet.

"Now the YOUR group donates to the lending closet," said Rasnake. "We just write what [families] borrow and their room number and they sign a list. When they get ready to leave, rather than throw good appliances away, they return what they borrowed. If it's in good shape it gets used again."

The inside of the lending closet is reminiscent of a Wal-Mart stock room. The shelves are lined with can openers, blenders, toasters, grills, coffee makers, plates, utensils, and various kitchen

wares. Most of these items are still in their original packaging, and all of them are in brand new to like new condition.

The WTB works to keep the room well stocked, and encourages anyone with unwanted electronics to consider donating. "I bring my own [appliances] in all the time," said Rasnake. "The shelves [in the Lending Closet] are really low. There are a lot of people here."

NMA's and cadre praise the program for its success.

"When we came here we had to buy everything ourselves. There were lots of things we bought that my son won't need later when he goes home. Now that they

have this it makes such a difference," said NMA Carol Lee Ryan, who plans to donate her appliances to the Lending Closet when her son leaves the base.

The Lending Closet is open to all wounded warriors and NMAs living on base. If you are interested in borrowing or donating items to the lending closet, contact Linda Rasnake at 301-400-0251 or via email at Linda.k.rasnake.civ@health.mil. Due to health code concerns, the lending closet cannot accept donations of linens or food, only small household appliances and electronic devices.

PASTRY

Continued from 1

cook at a restaurant in Potomac, he went on to work in a pastry shop in northwest Washington D.C. and that's where he found his calling, he said.

After working for Marriot International and Willard Intercontinental hotels, Phillips then stepped foot onto 1600 Pennsylvania Avenue, where he was the assistant pastry chef for seven years.

"I was lucky in the sense that I showed pieces, scul-

tures out of chocolate and out of pulled and blown sugar," said Phillips. "I did that for over three years and as far as I was concerned it was the best job on the planet ... that lead to the gingerbread houses, which were a tradition at the White House. The executive pastry chef looked at me one day and said, 'what if we did the gingerbread White House in white chocolate?' I took to the idea immediately, figured it out and went to work. I had a lot of input from different people in the White House, from the carpenters to the architects. I was able to actually walk around and see

the architectural details and bring them to life. I did that every year for five years."

Always friendly and enthusiastic about his job, Phillips seemed like the right fit at NSAB, said Slatery.

"He has incredible talent and an incredible resumé. He was a person I knew whom I could put in the spot in this position and leave him alone. He had his own ideas and he's open to my suggestions. We respect each other's backgrounds and what we bring to the table. One thing I truly respect about him is that he understands the relationship that

we have professionally. He understands what his role is but he has no problem bringing up suggestions and pushing his ideas forward.

"He's here before me every day, he's already got flour flying all over the kitchen and he's always very involved in his work. He never calls out and he's in here every day like clockwork. I think this place is really lucky to have a guy like that. When people get really good at something, sometimes they get difficult to work with, but he's not that way."

With so much ambition and drive for his craft and from the words of his colleagues, it is easy to see why

Phillips is great at what he does and why he continues to perfect his craft.

"I found being a pastry chef more challenging than working as a line cook doing sauté or working on the fryer," said Phillips. "Cleaning fish just wasn't my bag, so when I got into pastry, I thought it was a little more demanding that you had to be exact for things to turn out properly and there was more room for creativity. For the last 16 years, I've been working with chocolate, sugar and butter, so it's not a bad job," he said with a laugh.

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BICYCLE

Continued from 1

Montgomery County, Bethesda and the Shady Grove region.

The bike share program is designed to allow commuters to borrow bikes and ride them from station to station, emphasizing short trips. This makes them perfect for use in tandem with other cheaper forms of transportation like the subway or bus.

"We're hoping this will have the effect of helping more people get out of their single occupant vehicles and into alternative modes, not just biking," said Brecher.

If you have doubts about your ability to ride or questions about what equipment you may need, Nelle Pierson, the outreach coordinator for the Washington Area Bicycling Association (WABA) will be holding a panel on commute preparation.

"We are really about equipping people with information on how to make bike commuting as easy as possible," said Pierson. "The workshops are good for people who may already be biking for recreation or are interested in biking for the first time."

Topics discussed in this panel will be bike, gear and route selection, how to make your commute as comfortable as possible and the general logistics of bike commuting.

"Our goal is to encourage people to give biking a try," said Pierson. "Once you have strong positive experiences on a bike it's easy to want to incorporate it into other aspects of your life. As long as it's fun people are going to get hooked."

To those who are considering commuting via bicycle Pierson greatly advises it for more than just its health benefits. "The average person who starts out bike commuting loses 12 pounds in the first year. For me I get my heart rate up twice a day. I'm on the bike and I can take as fast a pace as I want. I can get a workout or I can take it nice and leisurely, maybe work through some of the issues I've encountered throughout the day. I can do all this as opposed to being in a more stressful environment in a car or on the Metro."

To RSVP for the Bike Commuting Workshop, contact Emery at 301-319-3010 or via email at ryan.emery@med.navy.mil. To see the map of future bike share locations go to www.montgomerycountymd.gov/bikeshare.



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